

“What Do I Do When I Believe In God But Don’t Believe I Can Change?”  
Various Scriptures

“If you always do what you’ve always done – you’ll always be what you’ve always been.” Josh McDowell

“When you are through changing – you are through.” Bruce Barton

“Not all change is improvement, but without change there can be no improvement.” John Maxwell

Principle: A lie believed as truth will affect you as if it were true.

“For though we live in the world – we do not wage war as the world does. The weapons we fight with are not the weapons of this world. On the contrary, they have divine power to demolish strongholds.”  
2 Corinthians 10:3, 4

What are the steps to change?

1. Examine your life

“Let us examine our ways and test them, and let us return to the Lord.” Lamentations 3:40

2. Admit that you have a problem.

“Sin shall not be your master.” Romans 6:14

3. Invite God to change you

“All things are possible with God.” Mark 10:27

4. Ask questions

1. Do your family and friends say that you have a problem?
2. Do you continue even though you are hurting people?
3. Do you arrange your schedule, priorities or spending around it?
4. Can you go one week without it?
5. Is it driving others away?
6. Are you denying it is a problem or trying to keep it a secret?

5. Can the excuses

Principle: Refuse to blame others

Principle: Focus on something better

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5

“Be careful how you think, your life is shaped by your thoughts.” Proverbs 4:23

“Fill your mind with things that are good and deserve praise; things that are true, noble, right, pure, lovely, and honorable.” Philippians 4:8

6. Cut the ties

"Don't give any chances for the flesh to have its fling." Romans 13:14

"Don't be misled: 'Bad Company corrupts good character'". 1 Corinthians 15:33

7. Surrender to God's power

"For it is God who works in you to will and to act according to his good purpose." Philippians 2:13

"Don't let sin control your body any longer. Don't give in to its sinful desires but give yourself completely to God – every part of you – to be used for His good purposes." Romans 6:12,13

8. Begin today

"If you wait for perfect conditions, you'll never get anything done." Ecclesiastes 11:4

Prayer:

"Jesus Christ, take my life, take the good, the bad and the ugly. Transform me. Change me by the power of your Holy Spirit."